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U.S. DEPT. OF AGRICULTURE  
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**Corn Saved the Pilgrims and Fed Our Pioneers**  
**Corn Will Help Us Feed the World**

# EAT MORE CORN

**CORN MEAL—HOMINY GRITS—SAMP**

## THE NATION'S MOST ABUNDANT CEREAL

Palatable and Nutritious in Itself  
The Best and Most Available Substitute for Wheat

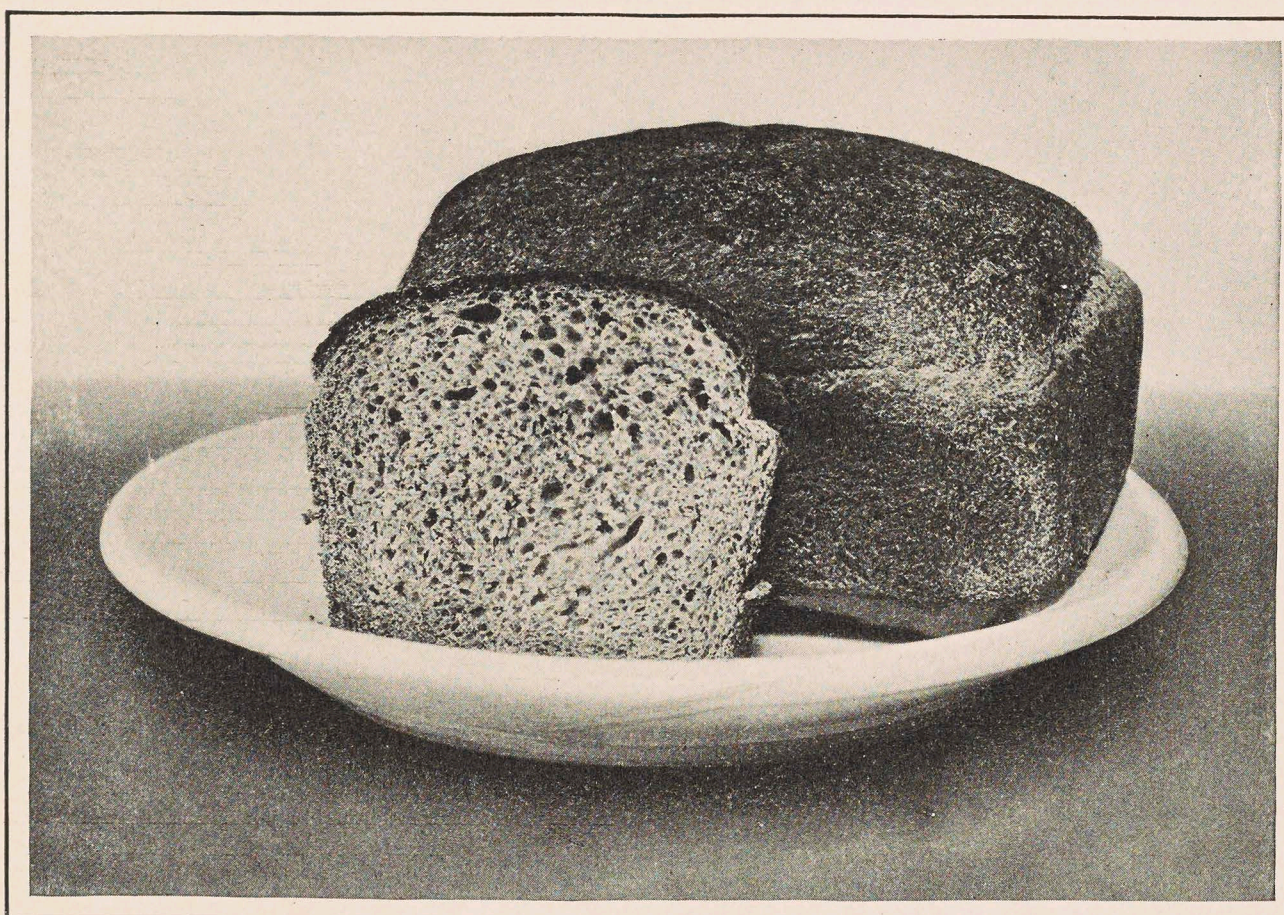
### MUSHES

Corn-meal or hominy mushes—boiled or baked, served with butter, milk, sirup, dried or fresh fruits, etc.  
Fried mushes

### HOT BREADS

Corn breads  
Zuñi Indian bread  
Boston brown bread  
Ash cake  
Hoe cake  
Corn dodgers  
Muffins  
Gems  
Biscuits  
Rolls  
Griddle cakes  
Waffles

### YEAST BREAD



Yeast bread made with one cup (6 ounces) of corn meal to two cups of wheat flour (4 ounces each)—a palatable and nutritious "light" bread

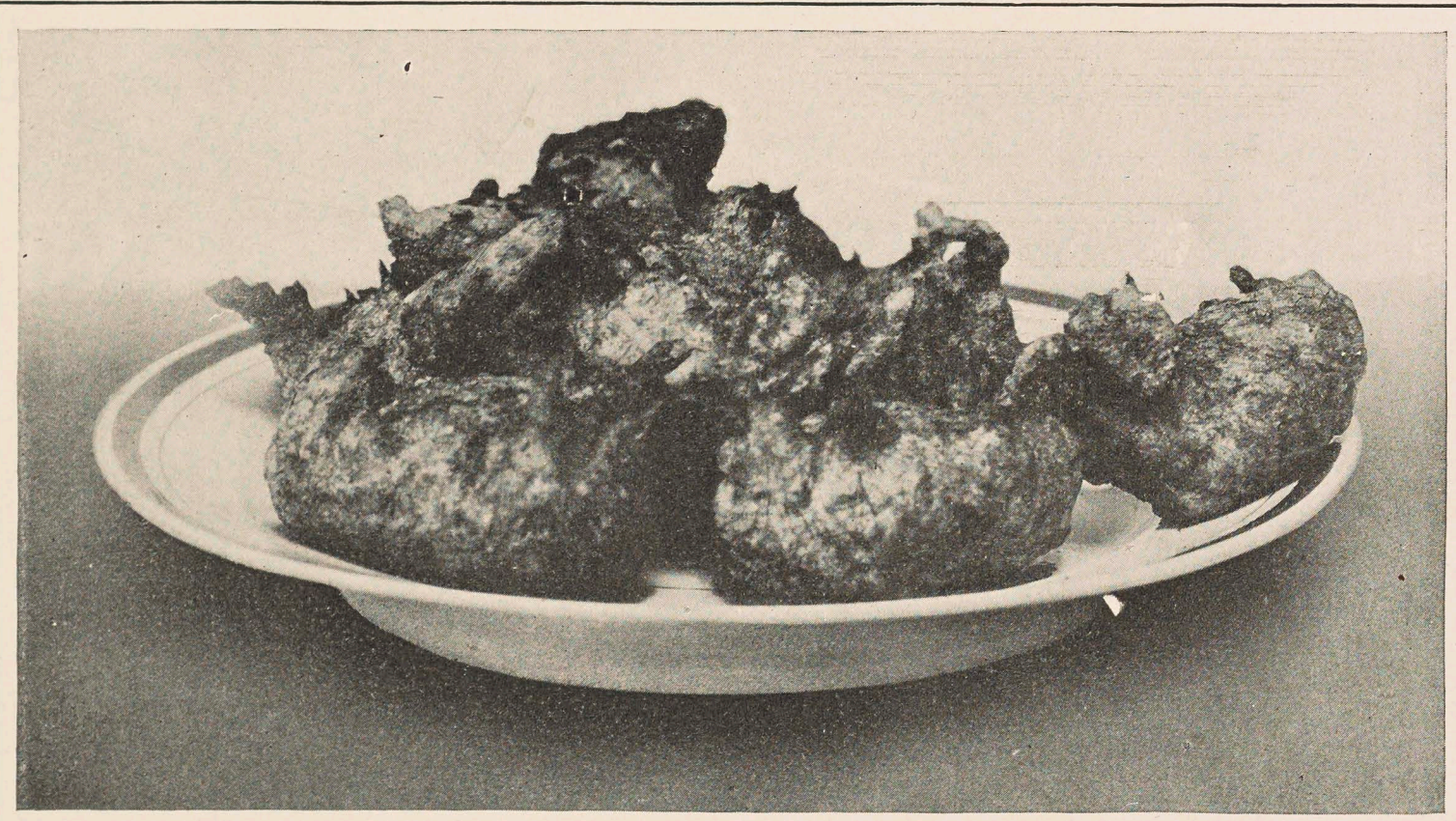
### HEARTY DISHES

Corn-meal croquettes  
Corn meal and pork  
Scrapple  
Meat and corn-meal dumplings  
Corn-meal fish cakes  
Corn meal and eggs  
Corn meal or hominy and cheese or tomatoes (used instead of macaroni)  
Italian polenta  
Tamales

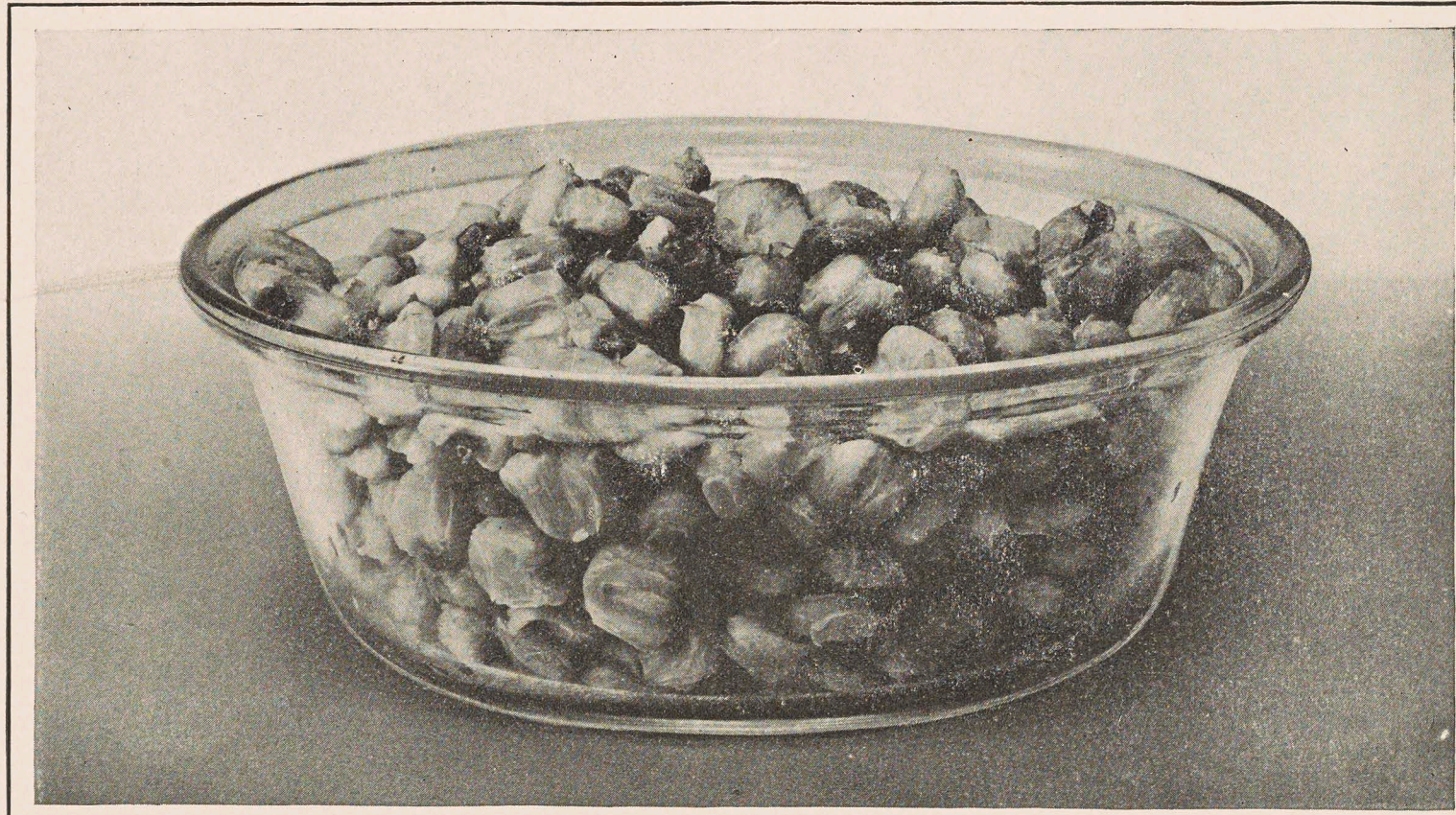
### DESSERTS

Indian pudding  
Corn-meal molasses cake  
Dumplings  
Gingerbread  
Doughnuts  
Fruit gems

### FIFTY WAYS OF COOKING CORN



CORN-MEAL FISH BALLS



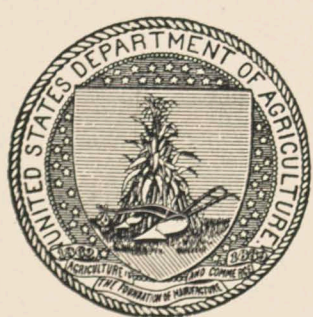
HOMEMADE HULLED CORN, OR LYE HOMINY

## EAT SOME CORN TO-DAY

The United States Department of Agriculture will furnish you with recipes for using corn

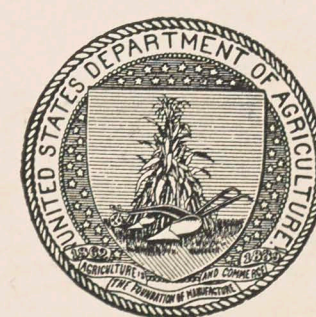
### FOR BREAKFAST, LUNCHEON, DINNER

Your family is missing delicious, nourishing, economical food if you are not serving corn-meal dishes in your home



—WRITE TO-DAY FOR FARMERS' BULLETIN 565—

*The United States Department of Agriculture will send you free this Farmers' Bulletin, "Corn Meal as a Food and Ways of Using It." This booklet gives explicit directions for making all the dishes mentioned, and many others.*



U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

**TRY A WHEATLESS MEAL TO-MORROW**